

## **ABSTRACT OF THE DISCLOSURE**

A resistance training device including a conformable base and one or more resistance arms that are affixed to the conformable base. The conformable base is malleable such that it may conform to the contour of a user's body as the user gets into position and executes an exercise. The conformable base may support the weight of a user. A plurality of resistance training exercises are executable. One or more resistance arms may provide multiple levels of resistance for each resistance training exercise. Multiple levels of resistance may be achieved by employing multiple resistance arms of varying strengths.